

You
"Must"
fit yourself
to obtain
best results



Eating proper food
counts most. Kre-Mo Ster-
ilized Rice counts as the
proper food and will help
you stand the strain of
your day's work.

True Kre-Mo is not a
cheap food but by far the
most healthful and eco-
nomical.

Kre-Mo will make your
meal far more inviting.
Made from uncoated Rice.
Doubly sterilized. It really
offers an opportunity from
a Food standpoint.

At Your Grocers

Leather and Tapestry
Comfortable Chairs



Fine for the cool evening
at home—a temptation to
drop into and rest—an orna-
ment to any home and the
finest line in the city here to
select from.

Wide range of reasonable
prices.



VICTROLAS



On easy terms.

Largest stock of

NEW RECORDS

In South Bend.

VICTOR and COLUMBIA.



RUSH!
to the
DOLLAR DAY
SALE

We Save You as
Much as You Spend
KINNEY'S
116-122 E. WAYNE ST.

WATCH US GROW!
Brandon Durrell Co.

SOCIETY AND OTHER INTERESTS OF WOMEN

IN MILADY'S BOUDOIR

BY GWEN SEARS.

HOW TO HAVE PRETTY ANKLES.

Pretty ankles are a rarity and not the rule. It is a pity too as now-a-days a woman's ankle is quite prominent, because of the short skirts and low shoes mode of dressing.

If you want your ankles to be well shaped, don't stand on the sides of your feet. If you have any inclination to do so, your feet need more support than your shoes are giving them. Get a pair of arch supporters and wear them until the inclination no longer exists.

Just as harmful as standing on the sides of your feet is the habit of turning them sideways when sitting down. Keep your feet firmly planted on the heel and sole all of the time. Such measures will help but will not wholly cure.

Further corrective treatment includes a twice daily foot bath. Bathe

the feet in tepid water upon arising. Use a pure white soap, dry the feet quickly with a soft towel, and if there are any calloused spots on heel or sole rub them with a piece of pumice stone.

Follow the warm water bath with a plunge into cold water. Immerse the feet to a point well above the ankles and let them remain in the water for fully five minutes.

Dry them with a coarse towel, rubbing the ankles vigorously until the blood tingles. Finish with a generous application of alcohol, rubbing up and down until all the liquid has evaporated.

At bed time sponge the feet with clear warm water to which a little powdered borax has been added. Then let them soak in cold water for from fifteen to twenty minutes. Rub briskly with a coarse towel and repeat the alcohol application.

What the French Maid Told Marjorie

BY JANE LOWELL.

FURNISHING THE BEDROOM.

"A girl friend of mine has seen my bedroom," began Marjorie, breathlessly as she rapped in to Marjorie one morning, "and of course she wants one just like it. I thought perhaps you could give me some different ideas that I could give her, so that the two rooms would not be too much alike."

"I think I can help you," replied Marjorie, smiling. "I think it would be a mistake to furnish bedrooms alike, anyway."

"If the girl in question possesses a quick brain and clever fingers she need not be indebted to anyone for her daily room. A single bedstead is usually preferred by most girls and the hangings will be made after their own ideas and tastes. Simple

madras muslin makes very effective draperies, or even plain butter muslin looks exceedingly well.

"A suite of light colored wood is by far the prettiest for a girl's room; mahogany and walnut are too massive and heavy in appearance. One or two easy chairs should find a place in the room, so that the confidential chat, so dear to the girl friend, may be enjoyed in comfort. A couch is another very desirable possession.

"A few bookshelves should be knocked up in a recess if possible where favorite books may be kept. The work basket may also be in a corner of its own, near to one of the inviting arm chairs.

"A small writing table is sought after by most girls, who much prefer to do their correspondence in the quiet of their own rooms."

LOW COST OF LIVING MENUS

BY MRS. FLORENCE MAX.

FRIDAY.

BREAKFAST.

Peaches.
Plain Omelet.
Virginia Butter Bread.
Coffee.

LUNCHEON.

Egg Salad.
Potato Cakes.
Iced Tea.

DINNER.

Boiled Cod with Drawn Butter Sauce.
Mashed Potatoes, String Beans.
Plain Lettuce, Italian Dressing.
Apple Tart.

BREAKFAST.

Virginia Butter Bread—Beat three eggs, add one pint of corn meal into which has been sifted one teaspoon of salt and two of baking powder. Stir in enough sweet milk to make a thin batter and pour into a very hot, well greased pan. Bake quickly.

LUNCHEON.

Potato Cakes—Boil and mash six

medium sized potatoes. Add a cup of milk, a quarter of a cup of melted butter and salt to taste. Cool and add one yeast cake and enough flour for a batter. Let rise and bake like raised biscuit.

DINNER.

Drawn Butter Sauce—Melt two tablespoons of butter, gradually add two tablespoons of flour and one cup of boiling water. When smooth and cooked, sufficiently, add one-fourth of a teaspoon of salt and one-eighth of pepper.

Plain Lettuce, Italian Dressing—Serve only the small crisp leaves and pour over the following dressing:

Mix three tablespoons of olive oil with two of plain vinegar, one of tarragon vinegar, one of chili sauce. Apple Tart—Fill a deep baking dish with sliced tart apples. Add sugar generously and spread with a rich paste over the top. Bake until the apples are tender and serve warm with whipped cream.

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PERSONALS

Mr. and Mrs. Andrew Grabash and daughters Stella and Helen of Bertrand and the Misses Helen and Theresa Harm of South Bend spent the week end in Michigan City.

Miss Olivia Balfour of California is visiting Mrs. F. H. Liebhardt, 314 E. Bronson st.

J. H. Clarkson has returned to his home in North Vernon, Ind., after spending two weeks with Mr. and Mrs. E. E. Mangold, 216 W. Jefferson Blvd.

Herman Petzhold, 240 E. Paris st., has accepted a position with E. E. Mangold, 112 E. Jefferson Blvd.

Mrs. George Schrader and children, Lincoln way E., visited with Mrs. Henry Long of Niles Thursday.

Mr. and Mrs. Burchie Adams and family of Pemberton, Ind., are visiting at the home of Mr. and Mrs. Oscar Wise, 327 S. Edly st.

Mr. and Mrs. Joe Stanfrants and son, N. Walnut st., have gone to Detroit to reside.

Paul Fields of Ithaca, Mich., is visiting Mr. and Mrs. D. E. Coomer, 205 Sadie st.

Mrs. John Parker, 113 E. Washington av., have gone to Batavia, Ill., to visit with friends for a week.

Mrs. Fred Keller, Mrs. Richard Elbel, Miss Bernice Elbel, Grandville Keller, and Donald Elbel, motored to Culver Wednesday to meet Mrs. Donna Schach of Cincinnati, who will be a guest of Mrs. Elbel and family for the coming week. The party remained over Wednesday evening to attend the annual military ball at the Culver academy. They were guests there of Charles Keller, who has been attending summer school.

Miss Catherine Strantz, 605 W. Tuttt st., is spending a few weeks with friends at Chicago.

Mrs. W. Livingston and daughter, Miss Carrie, W. Washington av., have returned from a two weeks' visit at Garrett, Ind.

Mrs. Charles Miller, 614 Rush st., has gone for a two weeks' visit to points of interest in New York.

Russell Steller, Lafayette st., has gone to Winona lake to spend a week.

Miss Greta Jones of Chicago has returned to Chicago after a visit with Miss Clara Hill, 716 Scott st.

Mr. and Mrs. C. Schiffer and daughter, Eliah, Miss Ruby Moody

and Leota Carey have returned after a motor trip to Michigan City. John O'Dell, Ohio st., is visiting in Elkhart.

Ernest Burner, 729 Cottage Grove av., has gone to Robinson, Ill., to spend his vacation.

Miss Ethel Mellander, 533 Allen st., has gone to Streator, Ill., where she will spend a few days.

Miss Mabel Cruikshank, 117 Brick av., is spending the week at Winona lake, where she is attending a house party.

Miss Helen Furey, 737 Sherman av., has returned after spending her vacation at Tippecanoe, Ind.

Miss Lulu Cohen, 1641 Lasalle av., has returned home after a two months' visit at Chicago.

RIVER PARK

The regular meeting of the Ladies' Aid society of the Methodist Episcopal church was held Wednesday afternoon at the home of Mrs. Fred Walz, S. Eighth street. The meeting was opened with devotional service led by Mrs. Hiram Penrod. After the business session the time was spent socially and refreshments were served. Mrs. Walz was assisted by Mrs. John Newcomb and Mrs. Stewart Penrod. The next meeting will be held Wednesday, Sept. 5, at the home of Mrs. Herman Bowels, 520 Clifford st. The assisting hostesses will be Mrs. Edward Moritz and Mrs. A. W. Williamson. Mrs. Charles Thomas and Mrs. Walters of South Bend were guests.

Fifteen River Park and Mishawaka young people enjoyed a wicker and marshmallow roast at Island park Wednesday evening.

Mrs. William Morrow entertained the drill team of the Live Oak Grove, No. 1, Wednesday at her cottage at Pleasant lake, Edwardsburg, Mich. The party included 22 members from River Park and South Bend. Those from River Park were: Mrs. Jacob Zerbe, Lamar Zerbe, Alice Zerbe, Mrs. Enos Stauffer and daughter, Miss Anna Stauffer, Mrs. Jewel Whaley and son, Robert. The day was spent with boating, bathing, fishing and other outdoor sports. Dinner was served at 2 o'clock.

Miss Mary Winnet will be hostess to the True Blue girls this evening. Mrs. A. Brown entertained a number of Mishawaka and South

Bend friends yesterday at 1 o'clock luncheon. Covers were laid for 12 at a table centered with asters.

Miss Cora Kline, 817 N. Eleventh st., had for her guests Wednesday, Miss Helen Kuhl and Miss Mary Halter of Oklahoma City.

Mrs. Bruce Dixon and daughter are visiting friends at Huntington and Anderson, Ind.

Mr. and Mrs. M. Middleton, Lester Summers, James and Charles Middleton of Argos, Ind., Mrs. Carrie Gilbert and Mrs. Will Kelley of Chicago, who were called here to attend the funeral of Howard Middleton, returned today.

Winfield Forest has resigned his position at the South Bend Watch Co. and will leave Saturday for Dayton, O., where he has accepted a position. His family will remain here several weeks.

Miss Mattie Bowman has returned from Rome City.

Miss Bertha Hackenbury is visiting her sister, Mrs. Gillman, at Pleasant lake, Edwardsburg, Mich.

Mrs. Frank Boggs of Las Vegas, N. M., who has been spending the summer with relatives here, left for her home Wednesday.

Mrs. William Goers and Mrs. M. Scanlon have returned from a visit at Michigan City.

Miss Ruth Harrison has returned from Toledo where she has been for several months.

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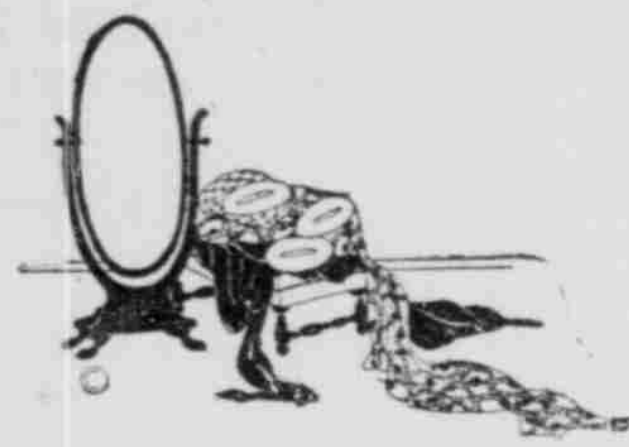
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Silks in Fashion's Vanguard



Silks are in greater favor than ever for the autumn and winter season—all the Paris and New York authorities conceding them high style place.

And this popularity covers many weaves, colors and patterns.

Sheer weaves are prominent in the fashions and the use of crepes de chine reaches phenomenal proportions. Also Georgette crepe, silk voiles, chiffons, etc., "all shades."

Satins, messalines and crepe meteors are growing in favor, many of the costume styles showing these silks in combination with dress goods.

Ribbed weaves and taf-

fetas also hold their place in the consideration of exclusive dress makers.

Though the plain silks are so strongly emphasized, fancy silks are keeping pace with them.

Thus the best New York establishments find it hard to keep pace with the demand for striped silks; and plaids must be classed as in the vanguard of silk fashions.

Metal checks and figures ornamenting the sheer weaves and metal brocades on ribbon and satin silks are notable fall style novelties.

How well the silk section has prepared for the great silk season is demonstrated by the brilliant display now shown in our silk department.

The Ellsworth Store

"THE BRIGHTEST SPOT IN TOWN"

SCHOOL HAS VACATION.

The Thomas School of Stenography and Typewriting is having a vacation of two weeks from August to Sept. 5th.

The seventh fall term of the school will open Tuesday, Sept. 5 in the day school and Wednesday evening, Sept. 6 in the night school. The prospects for a large enrollment are very promising.

SCHILLER HINE, No. 81, L. O. T. M.

Meeting at the hall Friday afternoon, 2:30. Special business.

Mrs. Lena King, commander.

Advt.

How to Judge a Woman by Her Hair

There are always the well-known and semi-known methods, such as saying brunettes are quick-tempered. But there is real common sense in just asking whether the hair is well kept to judge a woman's neatness. If you are one of the few who try to make the most of your hair, remember that it is not advisable to wash the hair with any cleanser made for all purposes, but always use some good preparation made expressly for shampooing. You can enjoy the very best by getting some "anthrax" from your druggist and dissolving a teaspoonful in a cup of hot water when your shampoo is all ready. A feel its use: hair dries rapidly with uniform color. Dandruff, dandruff and dirt are dissolved and entirely disappear. Your hair will be so fluffy that it will look much heavier than it is. Its lustre and softness will also delight you, while the stimulated scalp gains the health which insures hair growth.

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